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TABLE

A Liturgy For Spiritual Communion

The Book of Common Prayer reminds us that if one is unable to actually consume the consecrated bread and wine due to extreme sickness or disability (or a dangerous novel coronavirus sweeping the land), the desire is enough for God to grant all the benefits of communion. When being present at a celebration of the Eucharist is absolutely impossible, this act of prayer and meditation can provide the means by which you can associate yourself with the Eucharistic Action and open yourself to God's grace and blessing.

Acclamation and Invocation

Blessed be God, + Father, Son, and Holy Spirit.
And blessed be his kind gom, now and for ever.
Amen.

Let the power of the Holy Spirit come upon me,
O Lord, to mercifully cleanse my heart and defend
me from all adversities; through Christ our Lord.
Amen.

The Epistle *Revelation 3:20*

Behold, I stand at the door and knock. If you hear
my voice and open the door I will come in to you
and eat with you and you with me.

The Psalm *Psalms 23:5-6*

You prepare a table before me in the presence of
those who trouble me; you have anointed my head
with oil, and my cup is running over. Surely your
goodness and mercy shall follow me all the days of
my life, and I will dwell in the house of the Lord for
ever.

The Gospel *John 15:5*

I am the vine, you are the branches. Those who
abide in me and I in them bear much fruit, because
apart from me, you can do nothing.

*In your own words, pray for your own needs, for those on your
heart, for the peace of the world, and for the Church. After
offering these intercessions, continue with the*

Act of Contrition

O God, I am very sorry that I have sinned against
you and for all the wrongs I have done and the
good I have not done. *[Especially I confess...]*
Forgive me for Jesus' sake, and grant me strength
and wisdom to amend my life. *Amen.*

Act of Reception

Dear Jesus, I believe that you are truly present in
the Holy Sacrament. I love you above all things,
and I desire to possess you within my soul. And
since I cannot now receive you sacramentally, I
beseech you to come spiritually into my heart. I
unite myself to you, together with all your faithful
people gathered around every altar of your
Church, and I embrace you with all the affections
of my soul. Never permit me to be separated from
you. *Amen.*

Our Father in heaven, hallowed be your Name,
your kingdom come, your will be done, on earth
as it is in heaven. Give us today our daily bread.
And forgive us our sins as we forgive those who
sin against us. Save us from the time of trial, and
deliver us from evil. For the kingdom, the power,
and the glory are yours, now and for ever. *Amen.*

Come Lord Jesus, and dwell in my heart in the
fullness of your strength; be my wisdom and guide
me in right pathways; conform my life and actions
to the image of your holiness; and, in the power
of your gracious might, rule over every hostile
power that threatens or disturbs the growth of your
kingdom, who with the Father and the Holy Spirit,
lives and reigns, one God, in glory everlasting.
Amen.

And may the peace of God, which passes all
understanding, keep my heart and mind in the
knowledge and love of God, and of his Son Jesus
Christ my Lord and the blessing of God Almighty,
the Father, the Son, and the Holy Spirit, be with me
now and always. *Amen.*